



TEAM RIVER RUNNER

www.teamriverrunner.org

Health & Healing Through Whitewater Boating

Recreation Therapy Service and Team River Runner have partnered up to provide wounded Veterans opportunities for healing, growth, and challenge through kayaking.

Activities

Pool Sessions:

Mondays - kayak football, 1730-1900

Tuesdays – kayak instruction/skills practice, 0830-1030

Day trips on local flatwater rivers

Whitewater paddling on the Saint Francis River

Coming soon – NASKAR flatwater 200m sprint races

Multi-day National Trips

If you want to know more, contact Jean (VA) or Tim (TRR) or come see us at the pool sessions: building 63, Jefferson Barracks VA Center.

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Jean Ferguson CTRS

Recreation Therapist, Polytrauma Unit

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